



# GUT MORNING!

**GOOD GUT, GOOD LIFE**

NOURISH. REPLENISH. SUPPORT.



REPLENISH. SUPPORT. NOURISH



NOURISH. REPLENISH. SUPPORT.



NOURISH. REPLENISH. SUPPORT.





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# Achieving Optimal Health

Optimal health is complete physical, mental, and social wellbeing. Modern lifestyles often neglect exercise, nutrition and self-care, which impacts overall wellbeing.

## Health Begins In The Gut

Gut health is crucial for overall wellbeing. It affects digestion, nutrient absorption, waste elimination, stress, weight, immunity, performance and skin health.



HEALTH BEGINS IN THE GUT. HEALTH BEGINS IN THE GUT. HEALTH BEGINS IN THE GUT.



HEALTH BEGINS IN THE GUT.



HEALTH BEGINS IN THE GUT. HEALTH BEGINS IN THE GUT. HEALTH BEGINS IN THE GUT.







## What Is "The Gut"?

The gut includes the entire gastrointestinal (GI) tract: mouth, esophagus, stomach, small intestine, large intestine and anus.

It functions as the body's engine room, breaking down food, absorbing nutrients and eliminating waste. It ensures that your body is well-nurtured and functioning smoothly.







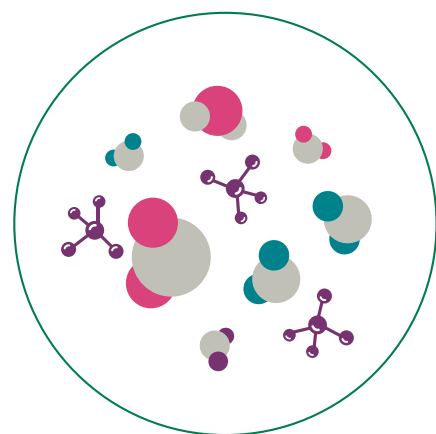
## What Is Gut Microbiome?



The gut houses trillions of microorganisms, like bacteria, viruses and fungi, that influence digestion, immunity and overall health.



Each person's gut microbiome is unique and affects how we respond to food, medication, and our environment. It can be changed by diet and lifestyle.



Your gut microbiome influences the immune system, aids in nutrient metabolism and responds differently to foods and supplements.



**DID YOU KNOW?**

*Our body contains around 40 trillion microbiome, with 95% residing in the gut.*



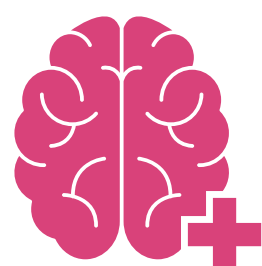




# Key Functions Of The Gut Microbiome

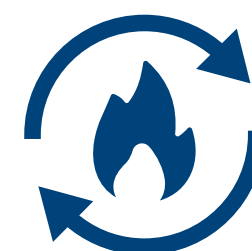
The gut microbiome is responsible for more than just harvesting energy from food; it also produces crucial compounds like neurotransmitters, enzymes, and vitamins, which are essential for brain, immune, and metabolic functions.

## BRAIN HEALTH



- Produces neurotransmitters (serotonin, dopamine) for mood and cognitive function.
- Influences brain function and behaviour, impacting conditions like depression and anxiety.

## METABOLISM



- Breaks down complex food molecules, aiding nutrient absorption and overall metabolism.
- Influences responses to foods and supplements.
- Supports effective weight management.

## CARDIOVASCULAR HEALTH



- Converts dietary fibers into short-chain fatty acids (SCFAs), reducing cholesterol and heart disease risk.
- Reduces systemic inflammation, lowering the risk of hypertension, heart attacks and strokes.

## IMMUNITY

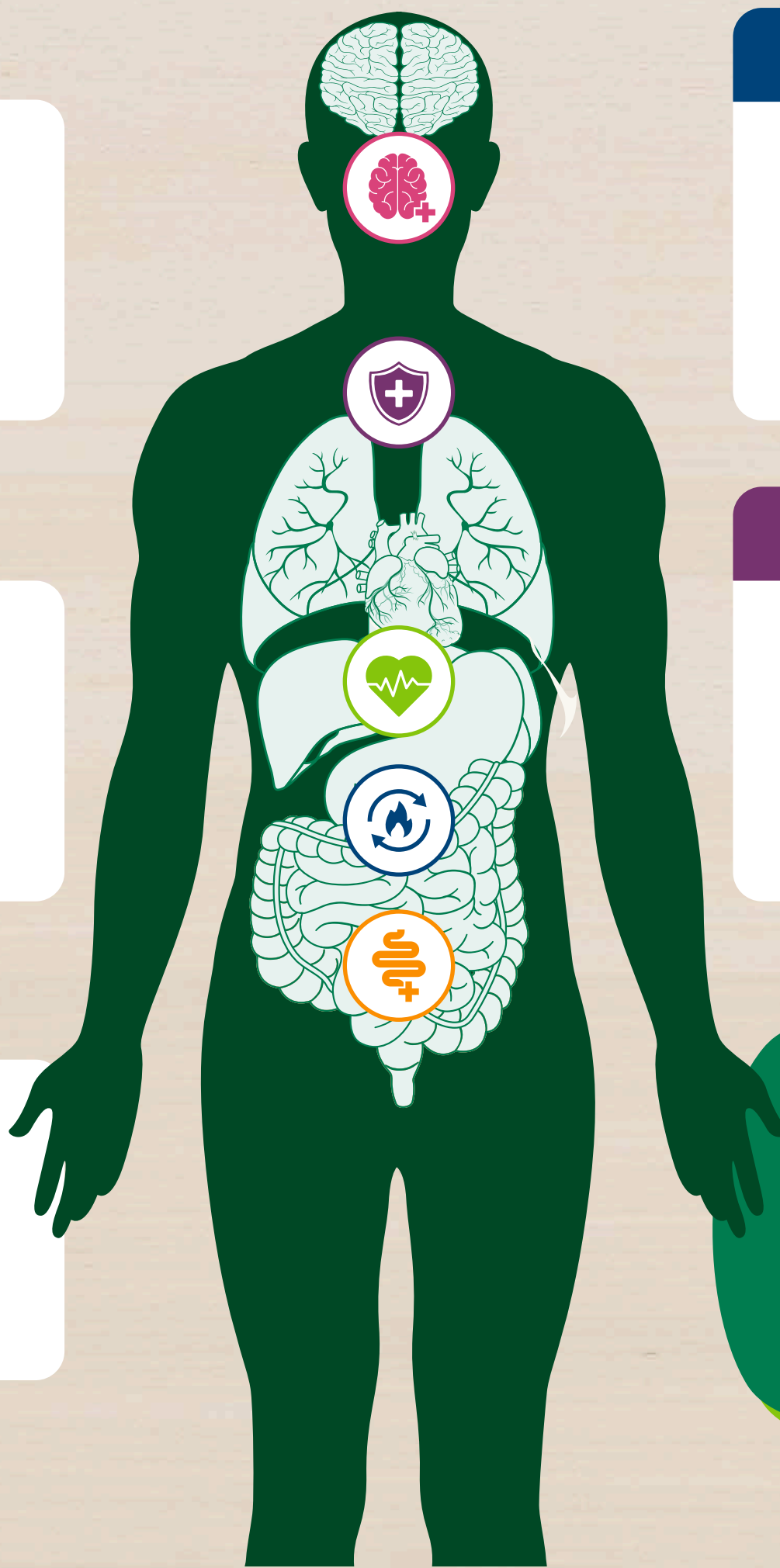


- Teaches our immune system to differentiate between harmful and harmless entities, preventing unnecessary immune responses and inflammation.

## GUT HEALTH



- Supports the intestinal barrier, preventing leaky gut syndrome and inflammatory bowel disease.
- Produces antimicrobial compounds that protect against infections and maintain gut health.



**DID YOU KNOW?**

The gut microbiome is often referred to as your *Second Genome*. While we can't change the genes we inherit from our parents—our *First Genome*—we can influence our *Second Genome* by enhancing our gut microbiome.

This means you can transform your health by prioritising gut health.





# Gut Microbiome And Overall Health

The gut microbiome is a dynamic system that can change over time, impacting overall health. A diverse gut microbiome is crucial for a resilient and healthy gut, which supports overall wellbeing. Maintaining a balanced microbiome is key to optimal health.







# A Healthy Gut = A Healthy You



## EXPERIENCE THE BENEFITS OF GUT MORNING BOOSTERS



SUSTAIN OPTIMAL HEALTH



OPTIMISE GUT HEALTH



ENHANCE CONCENTRATION AND FOCUS



BOOST ENERGY LEVELS

1 SHAKE, EVERY MORNING, FOR LIFE! 1 SHAKE, EVERY MORNING, FOR LIFE!







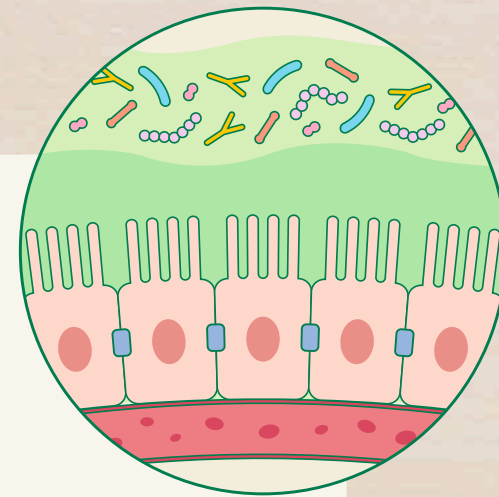
# Gut Morning Boosters Support A Healthy Gut Foundation

The gut is a complex system with multiple layers crucial for overall health. The gut barrier acts as a defense between the gut microbiome and intestinal cells.

The **gut barrier** includes the mucosal lining and a protective mucus layer. It prevents harmful bacteria and toxins from entering the bloodstream while allowing beneficial nutrients to be absorbed.

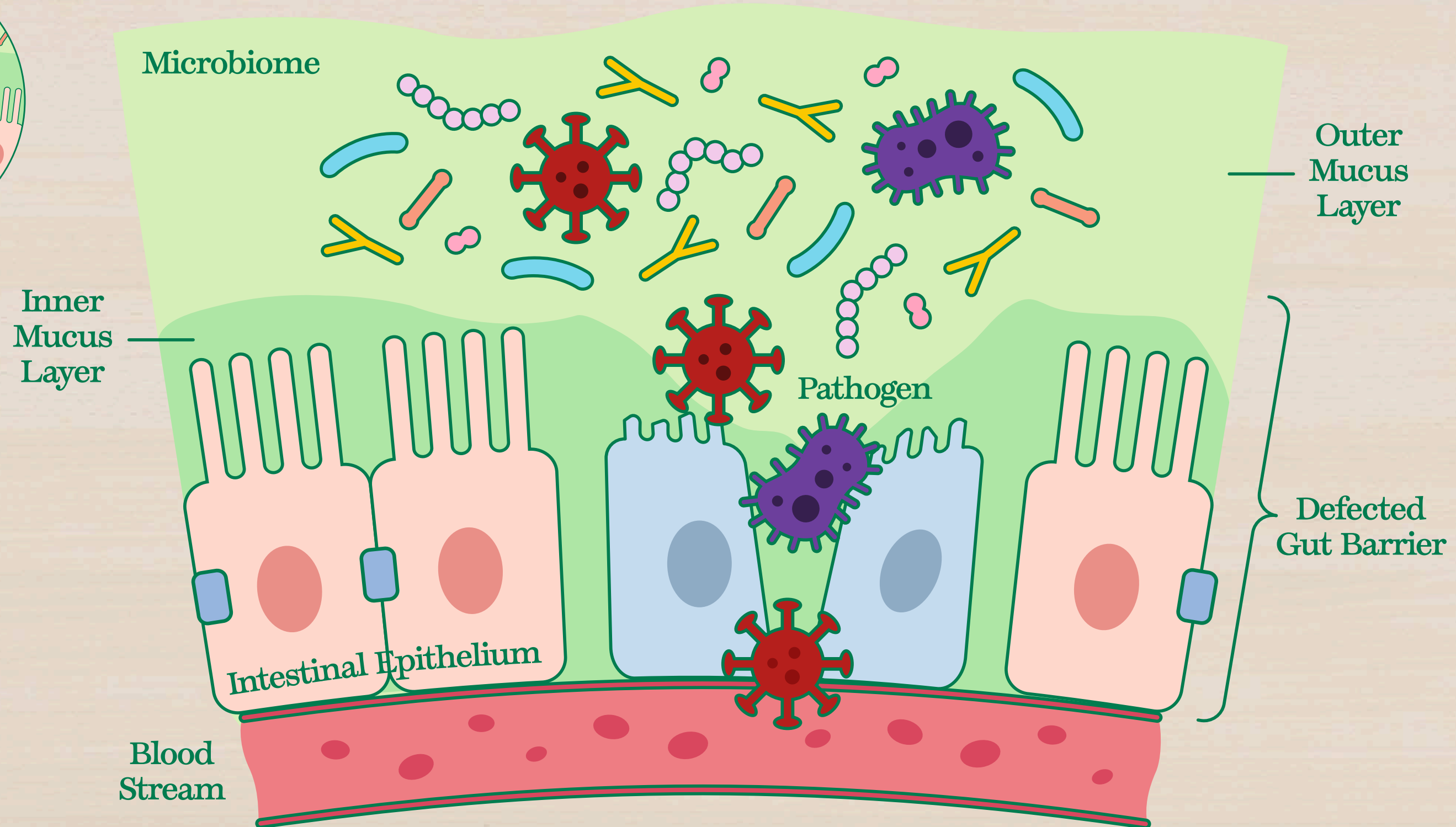
The **gut lining**, made of epithelial cells held together by proteins, helps absorb nutrients and separates gut contents from the body. It prevents pathogens from causing harm. **Proteins** are essential for maintaining and repairing this lining, preventing "leaky gut syndrome."

**Dietary fiber**, especially from plants, supports the growth of **probiotics** in the gut. These beneficial bacteria produce short-chain fatty acids (SCFAs) that nourish the gut lining and promote overall gut health.



## Intestinal Dysfunction

An unhealthy gut, often referred to as leaky gut, is characterized by an imbalanced microbiome and gaps in the gut lining, which allow toxins and pathogens to enter the bloodstream, leading to inflammation.






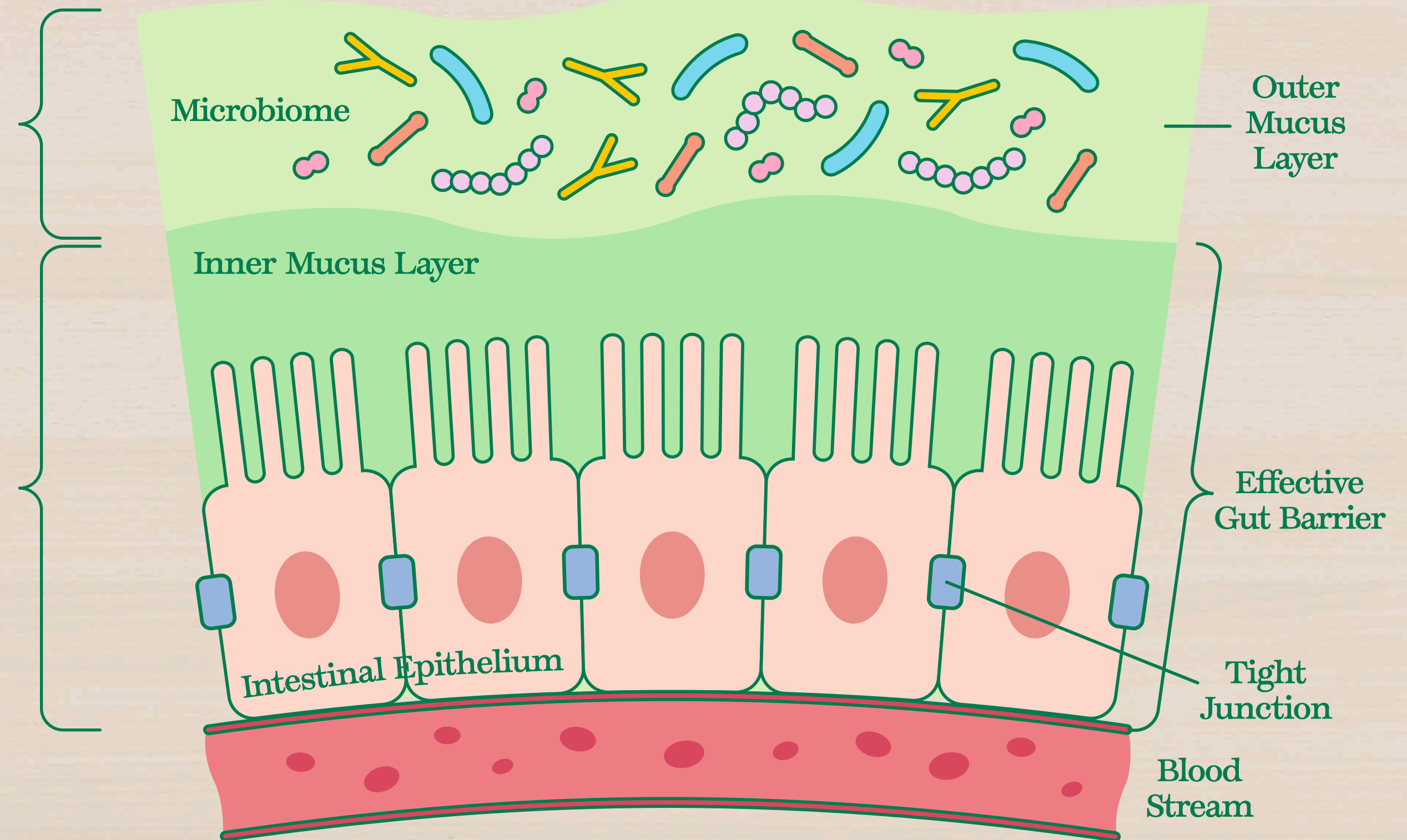


# Gut Morning Boosters Support A Healthy Gut Foundation

## Healthy Intestinal Function

A healthy gut features a robust lining that blocks pathogens from entering the bloodstream, a diverse microbiome, and ample nourishment from probiotics and prebiotics.

 	<b>PROBIOTIC</b>	<b>NOURISH</b> good, live bacteria in your gut with probiotics and help fend off harmful bacteria
 	<b>FIBER</b>	<b>REPLENISH</b> the good bacteria in your gut with prebiotics
 	<b>PROTEIN</b>	<b>SUPPORT</b> overall cell repair & regeneration, and support your gut lining







# Your Body Needs Protein



To repair tissues, support growth, and maintain healthy skin



To enhance concentration



To regulate glucose levels



To maintain the gut lining



According to Singapore National Nutrition Survey 2022,



More than **20%** of Singaporean adults



**50%** of older adults aged 50 to 69 years

are **NOT** meeting their daily recommended **protein intake**.



## How Much Protein Do We Need?

Each person's protein needs depend on several factors:

- 1 GENDER
- 2 AGE
- 3 BODY WEIGHT
- 4 LEVEL OF ACTIVITY

GENERAL RECOMMENDED DIETARY ALLOWANCE (RDA)

$$\text{Body Weight (kg)} \times 0.8\text{g} = \text{Your Daily Protein Needs (g)}$$

AGE 50 & ABOVE

$$\text{Body Weight (kg)} \times 1.2\text{g} = \text{Your Daily Protein Needs (g)}$$



AGES 1 - 9  
**CHILDREN**  
**17-32g**



AGES 10 - 19  
**ADOLESCENTS**  
**45-65g**



AGES 20 & ABOVE  
**ADULTS**  
**51-62g**





# All Plant Protein Strengthens Gut Health




Regular consumption of plant protein promotes a diverse gut microbiome. **Nutriline™ All Plant Protein**, rich in fiber and nutrients, fosters beneficial gut bacteria and provides all 9 essential amino acids crucial for gut health.



## Nutriline All Plant Protein

-  One 10g serving provides 8g of protein and all 9 essential amino acids your body needs
-  Supports overall cell repair & regeneration, and supports your gut lining
-  Contains high quality protein value  
**PDCAAS = 1**  
Protein Digestibility Corrected Amino Acid Score = Complete Protein
-  Preserves your lean muscle mass and leaves you feeling full for longer
-  Free from cholesterol and saturated fat

**Key Amino Acids from All Plant Protein:**

-  Supports gut immune function
-  Supports gut barrier
-  Addresses gut inflammation



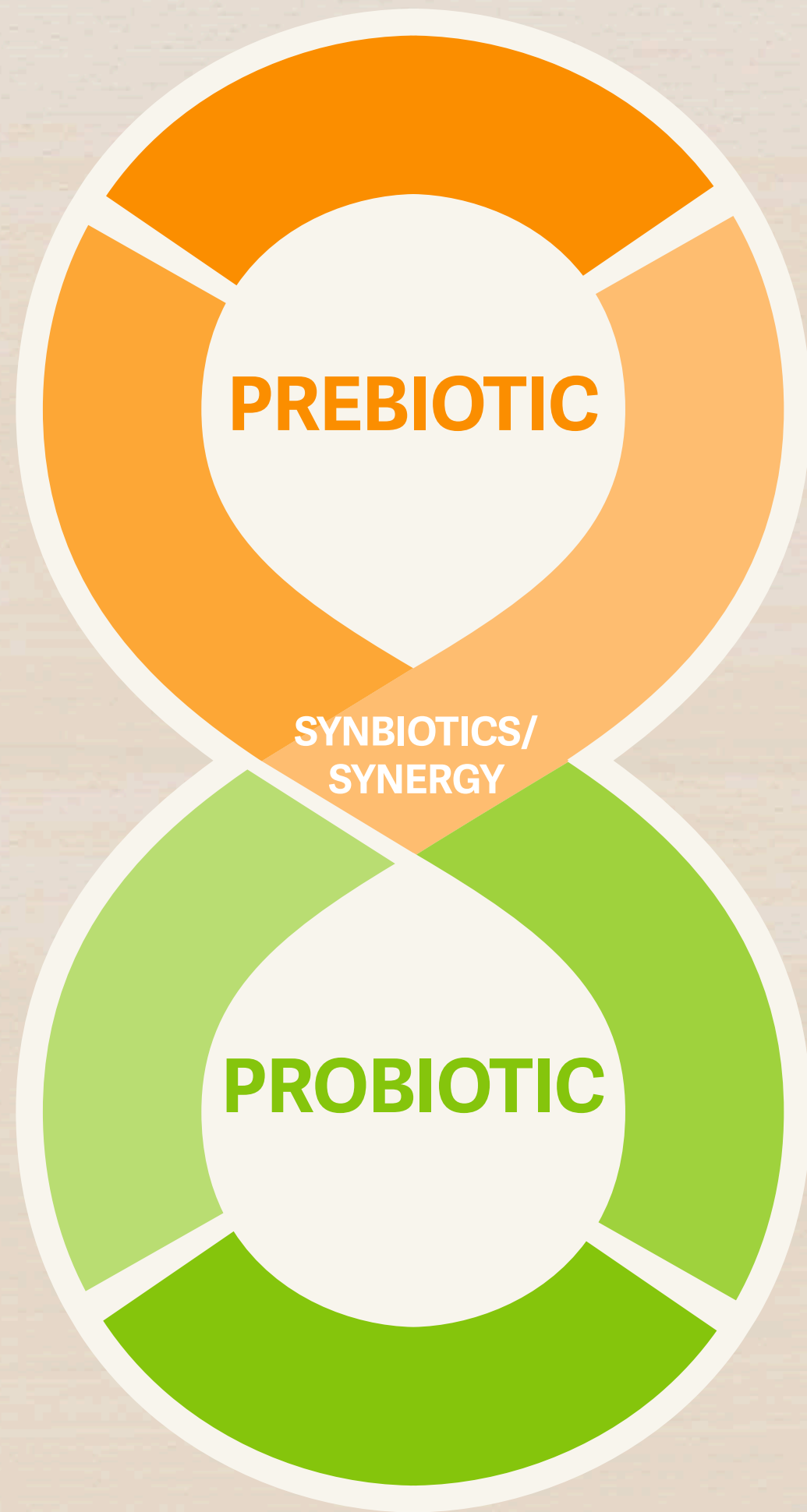
### Choose Your Perfect Protein Drink:

All-Plant Protein, Mixed Berries, Green Tea, Chocolate, or Joint Booster with Protein.





# Fortify Your Gut Microbiome With Prebiotic And Probiotic



Prebiotics are types of fiber that our bodies cannot digest. They serve as a food source for beneficial bacteria residing in our gut.

**BENEFITS**

- ✓ Enhance growth of good gut bacteria
- ✓ Enhance production of SCFAs
- ✓ Improve lipid metabolism
- ✓ Improve nutrient absorption
- ✓ Improve intestinal barrier and immunity

Probiotics are live microorganisms known to support gut health by improving gut barrier function and interacting with gut microbiome.

**BENEFITS**

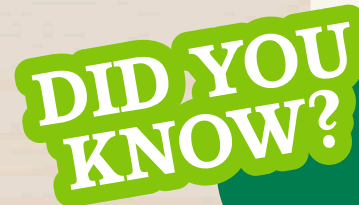
- ✓ Improve intestinal barrier
- ✓ Stimulate immune response
- ✓ Favour beneficial metabolites - SCFAs
- ✓ Inhibit pathogenic bacteria
- ✓ Regulate glycemic control
- ✓ Healthy impact on brain

SCFAs - Short-chain fatty acids



**NUTRILITE MIXED FIBER POWDER**

- Replenishes good gut bacteria, serving as food for probiotics to maintain balance.
- Contains a unique blend of 3 plant-based soluble fibers.
- Each serving provides 4.5g of fiber to support daily intake and gut health.



The average Singaporean consumes only 13 grams of dietary fiber daily, which is less than half of the recommended 30 grams.



**NUTRILITE BALANCE WITHIN™ PROBIOTIC**

- Nourishes and supports the growth of good bacteria in your gut.
- Utilizes 2 highly researched strains for a healthy gut microbiome.
- Uses "Arrive Alive" and "Stick To The Gut" technology to ensure live probiotics reach your gut and anchor effectively.
- Delivers 6.3 billion CFUs of good bacteria from a blend of 5 probiotic strains.







# Impact Of Overnight Fasting: What Happens To Your Body During Sleep?



Lose 0.5 – 1 L of water through breath, sweat and urine.



Synthesize new memories and integrate them with existing memories.



Slower heartbeat, lower blood pressure & temperature.



The digestive system, including the movement of the intestines, slows down.



Metabolic rate can drop by around 15% due to physical inactivity.



Protein gets depleted for muscle formation, repair and maintenance.

After the body undergoes restorative processes during sleep, it needs replenishment to function optimally. **Breakfast, the first meal of the day, breaks the overnight fast, providing essential nutrients and energy.**

## 4 Proven Benefits of a Nutritious Breakfast:



### Boosts physical activity

Provides stamina and energy for morning activities and exercise.



### Enhances calorie burning

Boosts metabolism, leading to more calories burned throughout the day.



### Promotes healthy gut environment

A fiber and probiotic-rich breakfast supports gut health, influencing digestion and immune function.



### Sharpens mental focus

Improves cognitive function, memory and concentration for better productivity.

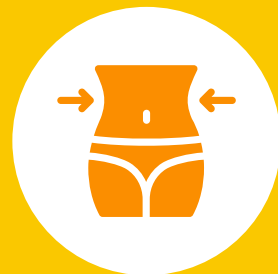




# Taking Care Of Your Gut Starts With Morning Nutrition

Research indicates that circadian rhythms regulate crucial processes such as metabolism, sleep, and hormone secretion. Meal timing is important; eating late in the day can cause metabolic issues. To start the day right, breakfast should be consumed within 2 to 3 hours of waking, ideally by 10am.

## THE IMPORTANCE OF MORNING NUTRITION:



Lower likelihood of being overweight or obese



Metabolic balance



Greater diet quality and nutrient adequacy



Lower risk of developing type 2 diabetes & cardiovascular disease

## GUT MICROBIOME IS ACTIVE IN THE MORNING, SUPPORTING:



Cell growth



Energy metabolism



DNA repair



Digestion and nutrient absorption







# Complete Your Morning Nutrition

## Begin Your Day With Gut Morning

*The Foundation of A Healthy Body for All Life Stages & Lifestyles*

**1**

**Fortify gut with prebiotic and probiotic**



Gut Morning Boosters

**2**

**Wake up your gut with mineral-rich water**



Clean drinking water is a key pillar to health and wellbeing

**3**

**Make your Morning Nutrition more nutritious, filling & satisfying**



**BodyKey Meal Replacement Shake**


- ✓ Each serving contains 22 vitamins & minerals, 17g plant protein, 5g fiber, 370mg calcium
- ✓ Low in calorie, only 205 calories
- ✓ Available in 3 delicious flavours: Cafe Latte, Chocolate, Berry

Well Balanced Meal that keeps you energized!

**1 SHAKE, EVERY MORNING, FOR LIFE!**

## Take Once At Night Too

Essential for muscle building, cell repair & regeneration and helps promote quality sleep



Recommended Serving Size



2 scoops  
**Nutrilite All Plant Protein**  
(or any other flavour)



1 stick pack  
**Nutrilite Mixed Fiber Powder**



1 stick pack  
**Nutrilite Balance Within Probiotic**



1 pouch  
**Bodykey Meal Replacement pouch**

TAKE IN THE MORNING



Mix well & enjoy!





# Embracing Gut Morning As Part Of Your Health & Wellbeing Journey

Start your day with Gut Morning Boosters and pair them with healthy habits to support your gut health.

**Stay Hydrated**  
Drink at least 8 glasses of clean water each day



**Healthy Eating**  
With My Healthy Plate throughout the day

**Adopt Healthy Habits**  
30 minutes x 5 days & strength training x 2 days



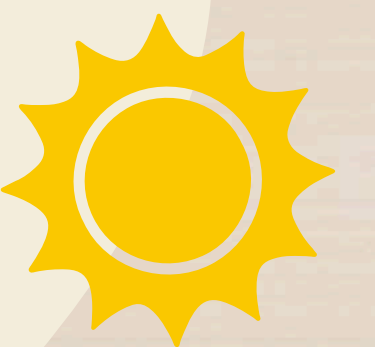
**GUT MORNING!**  
GOOD GUT, GOOD LIFE



**Sleep**  
7-9 hours per night



**Mindfulness**  
Reduce stress & improve mental resilience







# 3-Step Personalised Health Solution Map to Optimised Health & Wellbeing


While you have started to experience the health benefits of taking Gut Morning Boosters every morning, you can further enhance your health and wellbeing by addressing specific healthspan targets with Nutrilite's science-based personalised health solutions.

## 1 BALANCE

Protein & gut microbiome foundation for optimal health





GUT MORNING – BEGIN YOUR DAY WITH GUT MORNING BOOSTERS



**BALANCE WITHIN™ PROBIOTIC**


**NOURISH**  
good, live bacteria in your gut with probiotics and help fend off harmful bacteria






**MIXED FIBER POWDER**


**REPLENISH**  
the good bacteria in your gut with prebiotics





**ALL PLANT PROTEIN POWDER**

**SUPPORT**  
overall cell repair & regeneration, and support your gut lining



## 2 FILL

**ESSENTIAL**

Fill essential micronutrient, macronutrient, and phytonutrient gaps in your diet



Advanced Omega



Double X Multivitamin

## 3 TARGET

specific short-term and long-term healthspan support



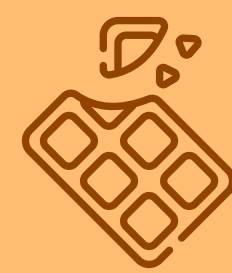
The personalised health solution list includes options, but it's not exhaustive.





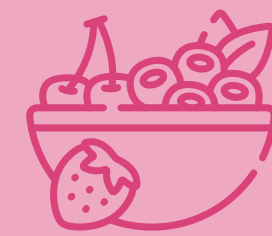
## Make Your Gut Morning Boosters Enjoyable

Make your mornings more exciting with Gut Morning Boosters by blending your favourite fruits and vegetables into delicious smoothies tailored to your taste!



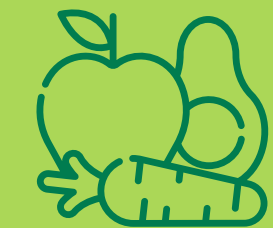
### CHOCO BLISS

- **Nutrilite All Plant Protein Powder** – 2 scoops
- **Nutrilite Mixed Fiber Powder** – 1 stick pack
- **Nutrilite Balance Within Probiotic** – 1 stick pack
- **BodyKey Meal Replacement Shake Chocolate** – 1 pouch
- **Medium-sized Banana** – 1.5 pieces
- **Cold Water** – 450 ml



### BERRY BURST

- **Nutrilite All Plant Protein Powder** – 2 scoops
- **Nutrilite Mixed Fiber Powder** – 1 stick pack
- **Nutrilite Balance within Probiotic** – 1 stick pack
- **BodyKey Meal Replacement Shake Berry** – 1 pouch
- **Frozen Mixed Berries** – 2 tablespoons
- **Nutrilite Phyto Mix Drink\*** – 1 sachet
- **Cold Water** – 450 ml



### GREEN GOODNESS

- **Nutrilite All Plant Protein Powder** – 2 scoops
- **Nutrilite Mixed Fiber Powder** – 1 stick pack
- **Nutrilite Balance within Probiotic** – 1 stick pack
- **BodyKey Meal Replacement Shake Chocolate** – 1 pouch
- **Medium-sized Green Apple** – 1 piece
- **Medium-sized Carrot** – ½ piece
- **Grated Fresh Ginger** – ¼ teaspoon
- **Cold Water** – 450 ml

\* Nutrilite Phyto Mix Drink is exclusively available for purchase through Gut Morning Boosters only and is not available for individual purchase. While stocks last.

The Gut Morning Boosters smoothies recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult your doctor before making any significant changes to your diet, including incorporating Gut Morning Boosters smoothies into your daily diet plan.



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# 90 nutriline™

## YEARS OF GROWTH

